

### ABSTRACT

An apparatus for conducting fluid in a fuel cell. The apparatus includes a unitary gas-impermeable body having, a face having a recessed surface and a wall extending around the recessed surface, the recessed surface and the wall defining a fluid dispersion area. The apparatus further includes a plurality of spaced apart protrusions protruding from the recessed surface in the fluid dispersion area such that portions of the recessed surface extend all around each of the protrusions, each protrusion having a protrusion surface spaced apart from the recessed surface. The apparatus further includes an inlet opening, an inlet conduit, an outlet opening and an outlet conduit. The inlet conduit is in communication with the inlet opening and the fluid dispersion area to facilitate communication of fluid from the inlet opening to the fluid dispersion area and the outlet conduit is in communication with the fluid dispersion area and the outlet opening to facilitate communication of fluid between the fluid dispersion area and the outlet opening.